

Psychiatric Advance Directives

What is an Advanced Instruction for Mental Health Treatment?

- An *advance instruction* for mental health treatment is a legal document that tells physicians and mental health providers:
 - What mental health treatments you would want, and
 - What treatments you would not want, if you become unable to decide for yourself.
- You also can name a person to make your mental health decisions at that time.
- Your *advance instruction* for mental health treatment can be:
 - A separate document, or
 - Combined with a health care power of attorney, or
 - A general power of attorney.
- An *advance instruction* for mental health may be followed by a provider when your physician or an eligible psychologist determines in writing that you are no longer able to make or communicate mental health care decisions.

Who can determine Medical Care Decisions and Advance Directives?

- If you are 18 or older, and able to communicate and make health care decisions
- You have the right to make decisions about your medical and mental health treatment.
- The Medical Care Decisions and Advance Directive brochure is available on line at www.ncdhhs.gov/dma/medicaid/AdvanceDirectExpanded.pdf

Additional Information can be found at the following website:

NC Division of Medical Assistance on Your Rights
www.ncdhhs.gov/dma/medicaid/rights.htm#advance

North Carolina Advance Health Care Directive Registry
www.secretary.state.nc.us/ahcdr